Respiratory Syncytial Virus (RSV)
WHAT YOU NEED TO KNOW

Respiratory Syncytial Virus (RSV) is a common respiratory illness that infects your lungs or breathing passages. Anyone can be infected, and although RSV usually causes mild, cold-like symptoms it can cause very serious illness in infants, older adults, or those with a weakened immune system or underlying lung condition.

RSV typically spreads during the fall and winter months, and it's spreading in New York State now. Here's what you need to know to keep you, your family, and your community safe.

WHAT ARE RSV SYMPTOMS?

Typical symptoms resemble the common cold. However, RSV infection can also result in pneumonia, especially in the very young, the very old, or those with weakened immune systems.

HOW TO KEEP YOU, YOUR FAMILY, AND OTHERS SAFE:

✓ **Stay up to date** on Covid-19 vaccines and boosters and your annual flu shot.

✓ Teach children to **cough and sneeze into a tissue or into their elbows** rather than their hands.

✓ **Practice good hand hygiene,** and keep frequently touched surfaces clean.

✓ **Stay home from work or school when sick,** until symptoms subside.

✓ If you have very young children or elderly adults at home, especially children who were born 29 weeks or earlier or a child or adult with congenital lung disease, try to **keep them isolated from family members who develop symptoms.**

WHAT DO I DO IF SOMEONE AT HIGH RISK IS SICK?

If you or your child have symptoms consistent with RSV, or any respiratory illness, contact a health care provider right away who can help you with diagnosis and care. Additionally, you can:

- Manage fever and pain with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. (Never give aspirin to children.)

- Drink enough fluids. It is important for people with RSV infection to drink enough fluids to prevent dehydration (loss of body fluids).

- Talk to your healthcare provider before giving your child nonprescription cold medicines. Some medicines contain ingredients that are not good for children.

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To find a nearby location for your flu shot or Covid Vaccine
- Go to www.vaccines.gov/find-vaccines/
- Call 1-833-NYS-4-VAX